

## **COVID-19 Household Environment Scale (CHES)**

**Social Distancing** is the practice of reducing physical contact with people outside of the home (e.g., in social, work, or school settings) to avoid transmission of COVID-19 (Coronavirus).

### **Section 1:**

#### **Personal Information**

Age \_\_\_\_\_

Gender: Male \_\_\_ Female \_\_\_ Nonbinary \_\_\_

Country where you currently live \_\_\_\_\_ If you are currently living in the US, please provide your zip code: \_\_\_\_\_

Years living in current country \_\_\_\_\_

What is the highest grade of school you've completed?

- No formal education completed
- 1st to 8th grade
- 9th to 11th grade
- GED (high school equivalent)
- High school diploma
- Some college/university
- College/university degree

#### **Household Information**

Total number of people living in the home (including yourself)? \_\_\_\_\_

Number who are not members of the family (e.g., friends, roommates, renters) \_\_\_\_\_

Number of adults aged 65 or above \_\_\_\_\_

Number of adults requiring caregiving due to health problems or disability (not due to COVID-19) \_\_\_\_

Number of children: under age 5 \_\_\_\_\_ ages 5-11 \_\_\_\_\_ ages 12-18 \_\_\_\_\_

Number of children with a disability or special healthcare need \_\_\_\_\_

Number of bedrooms in the home \_\_\_\_\_

Do you or your family own the home? Yes \_\_\_\_\_; No \_\_\_\_\_

#### **COVID-19 information**

Time practicing social distancing

- a. Less than one week
- b. One week to one month
- c. One to two months
- d. More than two months

Are you currently practicing social distancing? Yes \_\_\_\_\_; No \_\_\_\_\_

Did anyone in your home have symptoms of COVID-19? Yes \_\_\_\_\_; No \_\_\_\_\_

If yes, did they get tested? Yes \_\_\_\_\_; No \_\_\_\_\_

If yes, was it a diagnosed case (a positive result)? Yes \_\_\_\_\_; No \_\_\_\_\_

If yes, did it require hospitalization? Yes \_\_\_\_\_; No \_\_\_\_\_

Has anyone in your family (in or outside of your home) passed away from COVID-19 or related complications? Yes \_\_\_\_\_; No \_\_\_\_\_

During the COVID-19 pandemic are/were you or anyone in the home working in healthcare with direct patient contact? Yes \_\_\_\_\_; No \_\_\_\_\_

During the pandemic, are/were you or anyone in the home working in a job that you considered to be high risk for contracting COVID-19?

Yes \_\_\_\_; No \_\_\_\_

Of the adults in the home, how many are working from home? \_\_\_\_

Of the adults in the home, how many stopped working as result of COVID-19? \_\_\_\_

**Section 2:**

Compared to BEFORE the COVID-19 pandemic, during social distancing, were/are there more CONFLICTS in your household about...

	Much less than before	A little less than before	The same as before	A little more than before	Much more than before	Does not apply to my household	I prefer not to answer
How to spend leisure time (e.g., watching TV, hobbies, games, exercise)							
Parenting or childcare							
Children's schoolwork							
Decisions about how people should take care of their health (e.g. taking medicines, going to the doctor, getting enough to eat)							
Decisions about going out (e.g., on errands, to appointments, for visits)							
Decisions about visitors to the home							
Home maintenance (e.g., cleaning or tidying, laundry, repairs)							
Personal hygiene							
Food (e.g., what is purchased, what meals are prepared, or amount that is eaten)							
Work or employment (e.g., finding a job, going to a job, needing a quiet space to work at home)							
Finances (e.g., spending, purchases, paying bills)							
Privacy or personal space							
News or Social Media (e.g., watching too much news, what people believe from social media, what people share on social media)							
Alcohol, tobacco or drug use							
Politics							

Compared to BEFORE the COVID-19 pandemic, during social distancing, was/is there is more TOGETHERNESS in your household because of...

	Much less than before	A little less than before	The same as before	A little more than before	Much more than before	Does not apply to my household	I prefer not to answer
Spending leisure time together (e.g., hobbies, television, playing games, social media)							
Engaging in conversation							
Doing exercise or fitness activities together							
Getting involved in the children’s education							
Facing challenges or solving problems together							
Helping each other (e.g., with use of technology, health needs)							
Sharing household tasks (e.g., cooking, gardening, laundry, cleaning)							
Going on errands together (e.g. to the market or drugstore)							
Eating together							
Showing concern or emotional support for each other							
Showing affection (hugs, kisses)							
Physical intimacy (sexual relations)							
Sharing religious or spiritual activities (e.g. praying, meditating, religious lessons)							
Sharing material resources (e.g., personal items, books, money)							
Helping others together (e.g., volunteering, charitable work)							

**Citation:**  
 Behar-Zusman, V., Chavez, J. V., & Gattamorta, K. (2020). Developing a Measure of the Impact of COVID-19 Social Distancing on Household Conflict and Cohesion. *Family Process*, DOI: 10.1111/famp.12579.